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ABSTRACT

This document is a description of Project HOPE (Health and Optimum Physical Education) directed at teachers. The ultimate goals of this project are that: (a) every child will be taught to move within his own capability and will never be embarrassed because he is not as good as somebody else; (b) every child will feel good about himself because he can work at his own speed; and (c) every teacher will have accountable lesson plans so he will know what changes are being made in children. A seven-step plan is outlined: (a) assess needs, (b) set goals, (c) write accountable lesson plans, (d) get necessary equipment and supplies, (e) get in-service training from the experts, (f) make every child a winner by implementing your program, and (g) look at what you have done. HOPE-developed equipment is recommended by name when appropriate in the descriptions of the seven steps. (JA)

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1 of

Health and Optimum Physical Education

E.S.E.A TITLE III

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HOW TO GET
HEALTH AND OPTIMUM PHYSICAL EDUCATION (TITLE III ESEA)
FOR YOUR SCHOOL

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HOW TO GET H.O.P.E. (TITLE III ESEA) FOR YOUR SCHOOL

1. DO A NEEDS ASSESSMENT

Eye Ball

Look at your pupils. Are they clumsy, fat, awkward, pale, skinny, listless, inattentive, champion televiewers, inactive, underachievers, physically underdeveloped? If so, read on my friend . . . . you got troubles.

Get The Facts

Now that you see what your children <u>really</u> look like and are properly horrified you need to convince those who have not yet dared to look. Be smart . . . . use a nationally recognized fitness test like the A.A.H.P.E.R. Youth Fitness Test for grades 4-12 or the Washington State Elementary Fitness Test for grades 1-3. Then you can walk around like an expert with your measured results in your briefcase. If your children do not score well on these tests you can be certain that everyone will be upset. Parents and teachers don't like to hear that their children do not compare favorably with others in the nation. Do not be put off when you are told (as if you didn't already know) that your school's football team just won the state championship. State Championships are won by exceptional athletes. You have the <u>facts</u> on all those others . . . . Fat Freddy and his elementary pals who get very little attention in physical education and consequently seldom excel. Do something . . . . tell it where it will do the most

good . . . . P.T.A.'s, your board of education, your principal, etc.

Get Some Soul Mates

Now everybody is upset and ready to help. Name a school-wide health and physical education committee composed of doctors, principals, coaches, the school nurse, teachers, parents, etc. You know who really cares.

2. SET GOALS

Get your committee together and set up goals for your program based on your needs assessment. The HOPE MOVEMENT GOALS worked well for us. They can be found in the curriculum guide developed by the Project H.O.P.E. staff. All the lessons taught throughout your entire physical education program should reflect these goals.

3. WRITE ACCOUNTABLE LESSON PLANS

Use the Project H.O.P.E. format for writing lesson plans. Nobody cares if you don't and nobody knows what you are teaching if you don't. Put down on the lesson plan the changes you expect to make in children . . . . then get busy and make those changes. To help you do this get "Every Child A Winner Through Elementary Physical Education", the curriculum guide developed to see you through the initial stages in developing your program. Be sure your lesson plans are helping to meet the goals you set up based on your needs assessment. Don't bother teaching something that is not needed. Do include those things you know are needed.

Remember . . . . you have the facts if you are following this plan properly. If you aren't then at this point, go back to step one and start over again!

4. NOW YOU NEED EQUIPMENT AND THAT COST MONEY

Project H.O.P.E. spent three years designing and making their own equipment, field tested it and wrote a " how-to-do-it" book for you. Get "Every Child A Winner Through Improvised Physical Education Equipment" and start making your own equipment. Equipment should be selected based on the identified needs of the children. The objectives of your program should state the changes you expect in children and the equipment is used only as a means of getting the desired changes. It does not dictate your program. Your program dictates the equipment needed.

5. GET SOME HELP - SOME TRAINED HELP

Now you are ready to either do it yourself or hire someone (depending on your level of responsibility in the system).

A workshop should be conducted for your teachers either by Project H.O.P.E. consultants or someone trained by them. This will give the whole thing; the benefit of having "experts from out of town" reinforce what you yourself already know. They can go in depth on the plan and save you hours of time.

Project H.O.P.E. recommends the following staffing pattern for ninety children per period:

One Physical Education Specialist
One Classroom Teacher
One Physical Education Aide

If the classroom teacher will be handling the class alone then there should be no more than 30 children per period in each class. After all we are not recommending a "throw out the ball and teacher fall to the nearest chair" kind of instruction. If teaching movement is so important that it affects self concept, physical fitness and academic success it deserves better than recess status. Not to mention that this is against the law in Georgia.

6. MAKE EVERY CHILD A WINNER

Congratulations! You are now ready to start on the most adventurous, exciting, fulfilling responsibility you have ever had. You will go into old age proud of yourself, feeling certain that you have been where the need was greatest and that you did something about it.

Every child will be taught how to move within his own capability and will never be embarrassed because he wasn't as good as somebody else. Every child will feel good about himself because he can work at his own speed. Every teacher will have accountable lesson plans so he or she will know what changes are being made in children. Every person involved in making equipment will have a pride in being part of the action. In short, everybody is a winner with H.O.P.E. So now, it's really only a matter of how dedicated <u>you</u> are, isn't it?

7. LOOK AT WHAT YOU'VE DONE

Be honest. Did you meet your goals and performance objectives? Have you made the expected changes in children? If

not, why not? Was it the method of teaching, the activities taught, the equipment, your attitude? Were the changes you expected realistic - too high? too low? It is time now to re-assess. Evaluate, reassess your needs . . . . in other words . . . .

8. RE-CYCLE

Follow the H.O.P.E. seven step plan again

NEEDS ASSESSMENT
SET GOALS
WRITE ACCOUNTABLE LESSON PLANS
GET NECESSARY EQUIPMENT AND SUPPLIES
GET INSERVICE TRAINING FROM THE EXPERTS
MAKE EVERY CHILD A WINNER BY IMPLEMENTING YOUR PROGRAM
LOOK AT WHAT YOU'VE DONE